

# HRT recommendations for people with diabetes

## Diabetes and menopause

### With uterus

### Without uterus

Last menstrual  
period less than  
1 year ago

Last menstrual  
period more than  
1 year ago

TDE plus sequential  
MP/Mirena IUS  
or  
Transdermal  
sequential patch

TDE plus continuous  
MP/Mirena IUS  
or  
Transdermal  
continuous patch

TDE  
(consider adding  
continuous MP if  
endometrial tissue  
remains)

For those with genitourinary  
symptoms, consider vaginal  
hormonal preparations +/- HRT,  
lubricants and moisturisers

Consider adding testosterone for  
those with related symptoms

For contraception, follow [Faculty of Sexual and Reproductive Healthcare guidelines](#), and consider Mirena IUS (licensed for uterine protection with HRT) or a combination of desogestrel **and** continuous MP (unlicensed in combination for uterine protection)

**Abbreviations:** HRT=hormone replacement therapy; MP=micronised progesterone; IUS=intrauterine system; TDE=transdermal estrogen